



# National Nutrient Database for Standard Reference

## Release 28 slightly revised May, 2016

### Full Report (All Nutrients) 14531, Alcoholic beverage, whiskey sour

Report Date: July 04, 2017 15:00 EDT

Nutrient values and weights are for edible portion.

Food Group : Beverages

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 fl oz 30.4g	1 portion (2 oz mix + 1.5 oz whiskey) 106g	2.0 fl oz 65g
<strong>Proximates</strong>							
Water	g	72.60	--	--	22.07	76.96	47.19
Energy	kcal	149	--	--	45	158	97
Energy	kJ	623	--	--	189	660	405
Protein	g	0.00	--	--	0.00	0.00	0.00
Total lipid (fat)	g	0.03	--	--	0.01	0.03	0.02
Ash	g	0.10	--	--	0.03	0.11	0.07
Carbohydrate, by difference	g	13.17	--	--	4.00	13.96	8.56
Fiber, total dietary	g	0.0	--	--	0.0	0.0	0.0
<strong>Minerals</strong>							
Calcium, Ca	mg	1	--	--	0	1	1
Iron, Fe	mg	0.08	--	--	0.02	0.08	0.05
Magnesium, Mg	mg	1	--	--	0	1	1
Phosphorus, P	mg	6	--	--	2	6	4
Potassium, K	mg	5	--	--	2	5	3
Sodium, Na	mg	20	--	--	6	21	13
Zinc, Zn	mg	0.06	--	--	0.02	0.06	0.04
Copper, Cu	mg	0.009	--	--	0.003	0.010	0.006
Manganese, Mn	mg	0.006	--	--	0.002	0.006	0.004
Selenium, Se	µg	0.1	--	--	0.0	0.1	0.1
<strong>Vitamins</strong>							
Vitamin C, total ascorbic acid	mg	1.6	--	--	0.5	1.7	1.0
Thiamin	mg	0.011	--	--	0.003	0.012	0.007
Riboflavin	mg	0.006	--	--	0.002	0.006	0.004

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 fl oz 30.4g	1 portion (2 oz mix + 1.5 oz whiskey) 106g	2.0 fl oz 65g
Niacin	mg	0.020	--	--	0.006	0.021	0.013
Pantothenic acid	mg	0.008	--	--	0.002	0.008	0.005
Vitamin B-6	mg	0.000	--	--	0.000	0.000	0.000
Folate, total	μg	0	--	--	0	0	0
Folic acid	μg	0	--	--	0	0	0
Folate, food	μg	0	--	--	0	0	0
Folate, DFE	μg	0	--	--	0	0	0
Vitamin B-12	μg	0.00	--	--	0.00	0.00	0.00
Retinol	μg	0	--	--	0	0	0
Vitamin A, IU	IU	13	--	--	4	14	8
<b>Lipids</b>							
Fatty acids, total saturated	g	0.005	--	--	0.002	0.005	0.003
4:0	g	0.000	--	--	0.000	0.000	0.000
6:0	g	0.000	--	--	0.000	0.000	0.000
8:0	g	0.000	--	--	0.000	0.000	0.000
10:0	g	0.000	--	--	0.000	0.000	0.000
12:0	g	0.000	--	--	0.000	0.000	0.000
14:0	g	0.000	--	--	0.000	0.000	0.000
16:0	g	0.005	--	--	0.002	0.005	0.003
18:0	g	0.000	--	--	0.000	0.000	0.000
Fatty acids, total monounsaturated	g	0.001	--	--	0.000	0.001	0.001
16:1 undifferentiated	g	0.000	--	--	0.000	0.000	0.000
18:1 undifferentiated	g	0.001	--	--	0.000	0.001	0.001
20:1	g	0.000	--	--	0.000	0.000	0.000
22:1 undifferentiated	g	0.000	--	--	0.000	0.000	0.000
Fatty acids, total polyunsaturated	g	0.012	--	--	0.004	0.013	0.008
18:2 undifferentiated	g	0.008	--	--	0.002	0.008	0.005
18:3 undifferentiated	g	0.003	--	--	0.001	0.003	0.002
18:4	g	0.000	--	--	0.000	0.000	0.000
20:4 undifferentiated	g	0.000	--	--	0.000	0.000	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000	0.000	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000	0.000	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000	0.000	0.000

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 fl oz 30.4g	1 portion (2 oz mix + 1.5 oz whiskey) 106g	2.0 fl oz 65g
Fatty acids, total trans	g	0.000	--	--	0.000	0.000	0.000
Cholesterol	mg	0	--	--	0	0	0
<b>Amino Acids</b>							
<b>Other</b>							
Alcohol, ethyl	g	14.1	--	--	4.3	14.9	9.2